



BIOGRAPHY

ALEXANDRA METZ

Birdie Palmer on "Will Trent"

Alexandra Metz joins Season 5 of "Will Trent" in the series regular role of Birdie Palmer. She also stars as Dr. Yolanda Garcia in all three seasons of HBO Max's award-winning series "The Pitt," which earned her an Actors Award for Outstanding Performance by an Ensemble in a Drama Series. She will next be seen in the independent feature "Iron Jane" for director Lissette Feliciano and opposite Eiza Gonzalez and Brandon Sklenar.

Born in Morningside Heights at St. Luke's Hospital in Manhattan, Metz was raised between New York City and Guilderland, a small town outside Albany, after her mother's job transferred upstate just before Metz entered first grade. Every weekend, they commuted back to Manhattan to keep the rent-controlled apartment her mother has held since 1969. The contrast between the cultural density of New York City and the slower, pastoral pace of upstate life profoundly shaped Metz's worldview, instilling in her a sharp awareness of racial and social inequity. Raised by her mother, a Panamanian immigrant of St. Lucian and Colombian descent, Metz is the youngest of three sisters. Her upbringing was marked by both sacrifice and significant trauma, experiences that later fueled her deep introspection, empathy and drive to understand the human condition. Though her childhood environment lacked safety and emotional nurturance, it sharpened her intuition and clarified her belief that life's purpose is to love, learn and grow. She is currently writing a memoir, "Good Grief," exploring intergenerational trauma, resilience and healing.

A lifelong learner, Metz was accepted into Brown University's prestigious program in liberal medical education (PLME), which guarantees admission to medical school while allowing students' academic freedom during undergrad. The program reinforced her intellectual discipline and fascination with the body, systems of care and human vulnerability, which later helped form both her artistry and her deep respect for healthcare workers.

Metz ultimately chose the arts, pursuing acting with the same rigor she once applied to medicine. Her career includes standout appearances on "Grey's Anatomy," "Chicago Fire," "Law & Order: SVU," "Gossip Girl," "How to Get Away with Murder" and "Frequency," among others. She is particularly proud of her work on "Grey's Anatomy," where she performed entirely in Spanish as an Argentinian character — an experience that, while challenging, deepened her understanding of advocacy, preparation and speaking up for one's work.

Metz is also a passionate educator and mentor. She has tutored and taught since childhood and speaks regularly to young people about creativity, resilience and self-worth. Her activism, particularly around racial justice, educational access and democratic socialism, intensified following the murders of George Floyd and Breonna Taylor. She currently works with the PLUS ME Project and has

previously collaborated with organizations such as the 52nd Street Project, centering children's voices and creative confidence.

PERSONAL INFORMATION

HOMETOWN: New York City

BIRTHDATE: May 23

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